

## WORN OUT AFTER SHE COOKED A MEAL

Took Lydia E. Pinkham's Vegetable Compound—Read the Result

Cincinnati, Ohio.—"I suffered for a year with nervous troubles and irregularities before I took Lydia E. Pinkham's Vegetable Compound. My back ached all the time and I was unfit for housework. I was worn out if I cooked a meal, and was unable to do my washing. My girl friends and my sister told me if I would take your Vegetable Compound and Liver Pills I would be relieved. After taking the first bottle I felt better, and neglected it awhile, but found I could not do my work until I was stronger. So I took the Vegetable Compound again and now I am the mother of a 19 months old boy. He is fat and healthy and I am sure I could never have carried him if it had not been for your Vegetable Compound. I recommend your medicine to all women although I am young to be advising some one else."—Mrs. CHRIST, FETTER, 318 W. Liberty St., Cincinnati, Ohio.

Lydia E. Pinkham's Vegetable Compound contains no harmful drugs and can be taken in safety by any woman.

## BOTH SIDES OF A QUESTION

Possessions Bound to Bring Responsibility, but There Is Also Adequate Recompense.

Everything that you can think of in the way of desired possessions brings with it an accompanying load of trouble, care and responsibility.

And this is something of a consolation for those who must stand outside the barred gates and look yearningly in.

After all, they can think, it's a lot of trouble to take care of so much; perhaps it's just as well to be without it.

That's where the trouble part helps them.

But on the other hand, it's worth some care to have the real antiques that other people are striving to find.

It's worth some responsibility to have such beautiful old silver.

The house in perfect order, the velvety lawn and the garden that make visitors gasp with pleasure are pretty good payment for all your thought and work and planning and caring for them.

That beautifully shaped head and graceful coiffure are surely satisfying enough to make up for the pain and the lost time.

If people who have things didn't have some trouble with them, then there would be the greatest amount of discontent among people who haven't.

More possessing gets to be like a habit; one forgets all about what it is that she possesses, whether it is valuable or not, and whether or not one should be grateful about it.

But when a little trouble and difficulty come along with it, one realizes that it has cost something and is worth something.—Kansas City Star.

**Important to Mothers**  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *W. C. Child* in Children Cry for Fletcher's Castoria

**He Should Have Known.**  
M. Cone knows suggestion is a powerful thing, and that to use it indiscriminately is dangerous. Here is an example of the insidious way in which it can break up friendships:

An artist was showing a friend round an amateur art exhibition. Arriving in front of a large, gaudy canvas, the artist waved his hand contemptuously at it and said:

"There—that's pretty bad, don't you think?"

"It is," agreed his friend, who hoped thus to cover up his ignorance of art. "Awful! Why, it's a crime!"

"Oh, is it?" snarled the artist. "Let me tell you, my ignorant friend, that that's the best picture in the exhibition."

"What, that?"

"Yes; I painted it!"

**Summer Find You Miserable?**  
Is a lame, aching back torturing you? Does the least exertion leave you tired, weak, all worn-out? You should find the cause of your trouble and try to correct it. More than likely it's your kidneys. Miserable backaches with headaches, dizzy spells and annoying urinary disorders are common signs of kidney weakness. There is danger in delay. Begin using Doan's Kidney Pills today. Doan's have helped thousands. They should help you. Ask your neighbor!

**A Nebraska Case**  
Mrs. Dave Pindle, N. St., Broken Bow, Nebr., says: "My kidneys were disordered and I had dizzy spells and headaches. I had a heavy feeling across my back. A friend told me of Doan's Kidney Pills and what they would do. I used Doan's and they relieved me so that I have not been bothered to speak of since."

Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

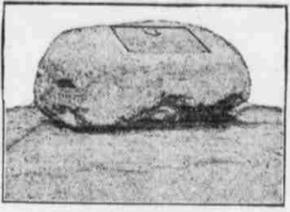
## The American Legion

(Copy for This Department Supplied by the American Legion News Service.)

### TO MEMORY OF GALBRAITH

Bronze Tablet Is Embedded in Huge Boulder on Spot Where Commander Was Killed.

"Dedicated to the Memory of Frederick W. Galbraith, Jr., National Commander of the American Legion, who was killed on this spot in active service of the American Legion, June 9, 1921," reads the inscription on a bronze tablet embedded in a huge boulder which has been dedicated by the Legion in memory of its beloved commander.



Galbraith Memorial.

Mr. Galbraith was killed in an automobile accident near Indianapolis, while in active service of the Legion. The rock and tablet were recently dedicated at a special service held by the headquarters staff and attended by National Commander Hanford MacNider and Mrs. Lowell F. Hobart, president of the American Legion Auxiliary.

### KID CORPORAL SCORES AGAIN

John Shoemaker, Through Phoenix American Legion, Draws West Point Appointment.

The "Kid Corporal" has scored again. John Shoemaker, who enlisted in the army at fourteen and served many months with the American expeditionary forces in France, has now received presidential appointment to West Point.

Shoemaker recently graduated from a high school in Phoenix, Ariz., where he took special courses in military tactics under Maj. Claude Decatur Jones.

Major Jones became interested in the lad because he had such an unusual war record.

Young Shoemaker served with a machine gun company in the Fifty-fourth Infantry for two years, during and following the World war. His West Point appointment followed a campaign in his behalf by the Phoenix American Legion and Major Jones, who were anxious that a war veteran should take the place at the military academy vacated by Charles Barrett, an overseas hero, who graduated at the head of his class last June.

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### POLAND SEEKS LEGION PLAN

Government Asks American Body for Details in Matter of Employment for War Victims.

One of the highest compliments ever given to the peace-time efforts of an organization was paid the American Legion when the Polish government asked that the Legion explain its plan used in the successful campaign for unemployed former service men in the United States in order that just such a system might be used for doing away with unemployment in Poland.

The Legion furnished a detailed outline of the scheme used in this country, and has received a letter of thanks from T. Holnko, commercial department manager of the consulate general.

More than 400,000 ex-soldiers were given at least temporary employment during the first week of the Legion's drive and it is estimated that now more than 500,000 men are in permanent positions largely through the efforts of the American Legion.

**Ex-Tommies Cheer the Legion.**

Ex-Tommies who attended the first annual conference of the British Legion in London recently, rose en masse and cheered H. Nelson Jackson, national vice commander of the American Legion, when he read the greetings of Commander Hanford MacNider and the entire American Legion to these "buddies" in the mother country. The message of good will and comradeship was received for the British Legion by Field Marshal Earl Haig.

**Many "Bummed" to Convention.**

Because of the financial depression and lack of government compensation, many penniless disabled veterans of the World war walked and rode in box cars to San Francisco to attend the second annual convention of the Disabled American Veterans of the World War, according to Raymond Creelman and Robert M. Smyth, members of the national staff.

## STATE CONVENTIONS

Republicans, Democrats and Progressives Make Recommendations and Declare Principles.

### SESSIONS ARE HARMONIOUS

Progressives Yield to Insurgents at Lincoln, who Elect Their Own Officers and Committees.

Lincoln.—The republican state convention in session here Tuesday endorsed the Harding national administration in full and congratulated state officials upon "the achievements of the present administration."

With the problem of industrial justice pushed to the front by the transportation, fuel, and textile strikes, the platform committee brought in a plank designed to substitute peaceful means for the wasteful methods by which disputes are now settled and urged favorable action upon the following recommendations:

The restoration of competition in railroad rates; the prompt refunding of all debts of European nations due the United States government; the maintenance strengthening and enforcement of the 18th amendment; a national promise of limitation of child labor in mills and factories; friendly co-operation with the nations of Europe; the distribution of the membership of the federal reserve board; the raising of the legal limit of loans that may be made by Federal land banks from \$10,000 to \$25,000; the rendering to the soldiers, sailors and marines of the world war every assistance which a grateful nation should justly render, including the immediate building of such additional modern hospitals as are necessary; the immediate return of all American troops on the Rhine frontier; the enactment of a national tariff; the development of St. Lawrence waterway project; the enactment of national legislation designed to obviate the recurrence of such disastrous industrial warfare to which the country is now subjected; we commend the objects and aims of the national transportation act and urge the immediate completion of projects now under construction.

**The Platform**  
The platform urges the development of the agricultural and labor departments so as to be of the greatest use and benefit possible to agriculture and labor; reduction of taxes and public expenses in every department of state; continued development of good roads; completion of the new state capitol building within the limits of the appropriation; continued support of legislation aiding the farmer in carrying on his industry and marketing his crops; elimination of all administrative duplication wherever it will assist in the reduction of the cost of government without impairing its efficiency; the principles of the civil administration; the restoration of state-wide primary law; repeal of the indeterminate sentence law and enactment of such legislation as may be necessary to render the present law effective; the development of water power district legislation; the further conservation and development of the forest possibilities of the state.

Omaha.—Democrats in state convention here Tuesday adopted a platform in which they condemn the oppressive laws the republicans of the state and nation have passed.

Condemnation of oppressive taxation formed the basis of the platform declaration with pledges to repeal the code law, the new state revenue law and opposition to the four laws that are being submitted to referendum.

The delegates adopted resolutions endorsing Senator G. M. Hitchcock for re-election, Charles W. Bryan for the governorship and the entire list of state and congressional candidates.

**The Platform**  
Urges "rule of law" for world regeneration; charges republican administration at Washington with incompetence; pledges candidates will meet needs of the people; stands for restoration of commerce; stands for promotion of industrial peace; pledges party to drastic retrenchment and economy; opposes special privileges; stands for just and equitable taxation; denounces unnecessary deflation of currency; would amend farm loan act; condemns governmental delay; proposes immediate construction of reclamation projects; stands for equitable and impartial enforcement of the constitution; opposes state wars; demands amendment of the Eight-Cummings act; favors eight-hour day and collective bargaining; for immediate construction of under equipped hospitals; favors war veterans; for immediate passage of an adjusted compensation act; indorses national, congressional and state candidates; opposes state wars; demands repeal of code law; is against the four bills to be referred to the referendum; pledges party to simplicity and efficiency in state administration; pledges party to repeal of Senate File No. 65 "which has robbed the people of home rule and self-government;" stands for legislation that will benefit farmers in marketing; stands unalterably for the primary; favors repeal of, or amendment to, the indeterminate sentence law; favors water power development under state control; favors keeping cost of new state capitol within the appropriation; favors reduction of automobile license tax.

Lincoln.—Insurgents took control of the progressive party at the state convention held here Tuesday, elected their own officers and a state central committee, and left the filling of vacancies on the state ticket in the hands of the state executive committee.

Planks in the state platform include repeal of the late republican revenue law; opposition to the dual system of government under the code; drastic cuts in public expenditures; consolidation of state offices; exemption from taxes of farm improvements and city dwellings up to \$2,000; recall of state officers; repeal of four laws being referred at the coming election; administration of paroles by "experts and not politicians;" reduction in telephone rates and employment of Nebraska labor upon the new capitol.

**Deporting Germans from Alsace.**

Berlin.—Reports from the Alsatian frontier indicate that considerable physical and financial hardships are being imposed on German families who are being forcibly deported across the Rhine.

**Grasshoppers Raiding Wyoming.**

Lander, Wyo.—Grasshoppers are raising havoc in Wyoming this year. In the vicinity of Lander and a greater part of Fremont county, the leading farmers estimate the damage at 50 per cent at the very least.

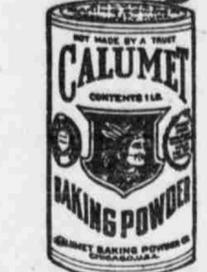
## FOR REAL ECONOMY In the Kitchen

USE

# CALUMET

The Economy BAKING POWDER

A Big Time and Money Saver



When you bake with Calumet you know there will be no loss or failures. That's why it is far less expensive than some other brands selling for less.



BEST BY TEST Don't be led into taking Quantity for Quality

Calumet proved best by test in millions of Bake-Day contests. Largest selling brand in the world. Contains only such ingredients as have been approved by U. S. Pure Food Authorities.

## The World's Greatest Baking Powder

NOT MUCH OF A SENSATION THAT WAS ASKING TOO MUCH MADE NO SORT OF APPEAL

**Romantic Young Man, Looking for Something to Happen, Received Something of a Jolt.**

The romantic young man had made friends with the hotel detective early in his stay at the hotel, and he watched him most of the time, waiting to see something happen.

He was just crossing the lobby on his way to breakfast one morning when a woman entered the door, and he saw the detective prick up his ears and follow after her.

The romantic young man turned in his steps and followed, too. The woman was of middle age, well dressed, respectable looking, and in the moment that she crossed, unconscious of her followers, all sorts of thoughts flashed through the youth's head.

Perhaps she was a famous burglar! Perhaps she was some sort of secret agent! Perhaps—

As she started to step into the elevator the detective touched her shoulder. She wheeled about sharply.

"Sir?" she demanded.

The detective opened his coat to show her his badge, and the romantic young man waited breathlessly.

"I beg your pardon, madam," said the detective, "but it's against the rules to have a dog in your rooms."

The woman started, and there, peering out from beneath her fur coat, was the pink nose of a tiny poodle.

The romantic young man walked back toward the dining room disgustfully.—New York Globe.

Take each man's censure but reserve thy judgment.

**Bishop Probably Had Read That "Much Shall Be Forgiven," but Really, Professor Jones!**

An English clergyman now visiting his country tells a story of an eminent Church of England ecclesiastic now dead, who on the occasion of the gathering of the British association, invited the members to an entertainment at his place. But he sent no card to one member of the association, who, thinking that he was the victim of an oversight, mentioned the matter to a mutual friend.

"I will speak to the bishop and make that right," said the friend. "It was a mere accident."

He did speak to the bishop, to this effect:

"By some mischance, Professor Jones has not been invited to the entertainment. Of course you mean him to come?"

"No, indeed, I do not," said the bishop. "Nothing can induce me to ask under my roof a man who has defended the execution of Socrates!"—Philadelphia Ledger.

**The Princess Threatens.**

The friend of a New York girl who, some years ago, became a European princess, tells of an incident in the royal household.

The friend was just entering the princess' dressing room when she chanced to overhear this colloquy between mistress and maid:

The Maid—But, madame—

The Princess—If I catch you and my husband kissing again, one of you will have to go.—Exchange.

**Colored Messenger Couldn't See Where the "Sport" Came In That Kind of Fishing.**

In a government office in Washington one day a Californian was discoursing on the sport of fishing off the Pacific coast.

"We all get out in small motorboats," said he, "and fish with a long line baited with flying fish. Anything less than a hundred-pound tuna isn't considered good sport."

A colored messenger had been listening with great interest to this conversation.

"Excuse me, boss," he said, wide-eyed, as he stepped up to the group, "but did I understand you to say that you were fishin' for hundred-pound fish in a little motorboat?"

"Yes," said the Californian, "we go out frequently."

"But," urged the messenger, "ain't you all afeared you might ketch one?"—Pittsburgh Dispatch.

**Women Succeed as Aviators.**

The United States has had many women aviators. Katherine Stinson was the first of her sex to fly in this country, being a contemporary of Lincoln Beachey and many other of the early aviators who learned at the Wright field, near Dayton. Now Chicago has produced our first negro girl aviator in Bessie Coleman, who is abroad at present receiving additional training in France, Holland and England, where she has given many demonstrations of skill.

Sin and vanity are sultan and vizier.

**Let's disarm the thermometer**

MEATS and starches for the body are like fuel for the furnace.

Why not adopt for breakfast or lunch, Grape-Nuts with cream or milk and a little fresh fruit—and turn off the internal heat? Here's complete nourishment, with cool comfort.

Grape-Nuts contains all the nourishment of whole wheat flour and malted barley, including the vital mineral elements and bran "roughage," and it is partially pre-digested in the long baking process by which it is made.

There's a wonderful charm for the appetite in the crisp, sweet goodness of this ready-to-eat food, and fitness and lightness afterward, which meet summer's heat with a smile.

Your grocer will supply you with Grape-Nuts!

"There's a Reason" for Grape-Nuts

Made by Postum Cereal Co., Inc. Battle Creek, Mich.